



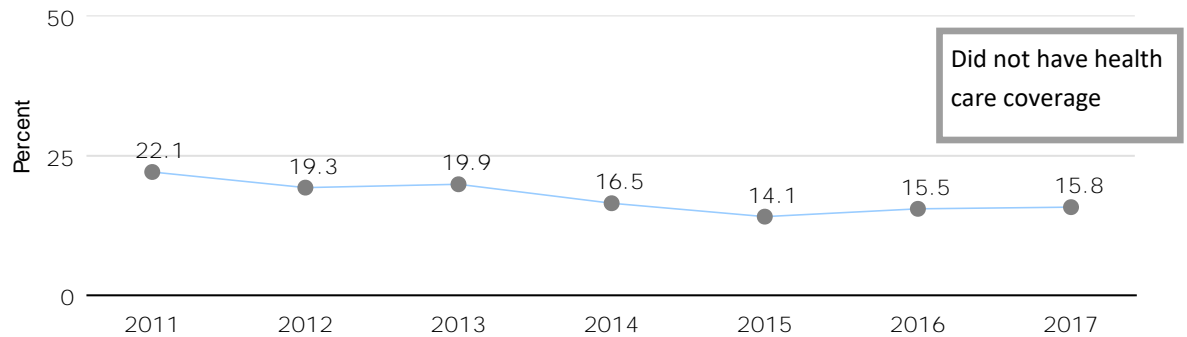
Health in Idaho: A State Profile

2017

State of Idaho - Department of Health and Welfare - Division of Public Health

Health Care Access

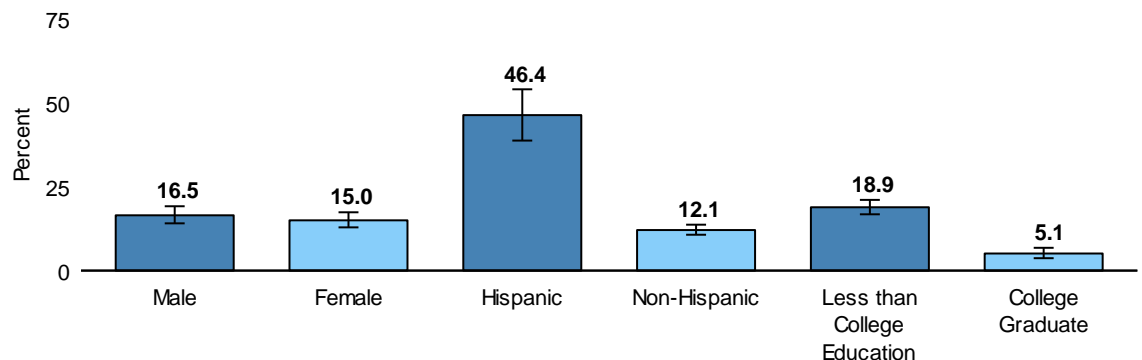
Since 2011, the number of Idaho adults without health care coverage significantly decreased.



Health Care Coverage

In 2017, 15.8% of Idaho adults did not have any health care coverage.

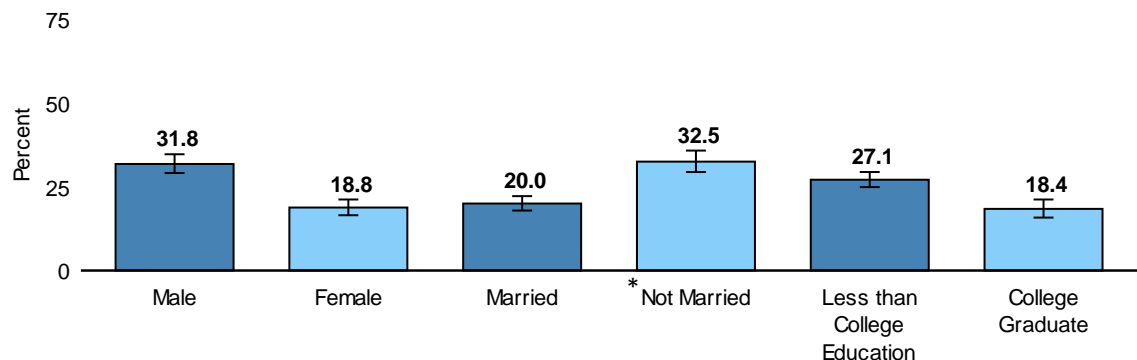
Not having health care coverage was associated with sex, Hispanic ethnicity, and education.



No Personal Health Care Provider

In 2017, 25.2% of adults did not have a personal health care provider.

Not having a personal health care provider was associated with sex, marital status, and education.



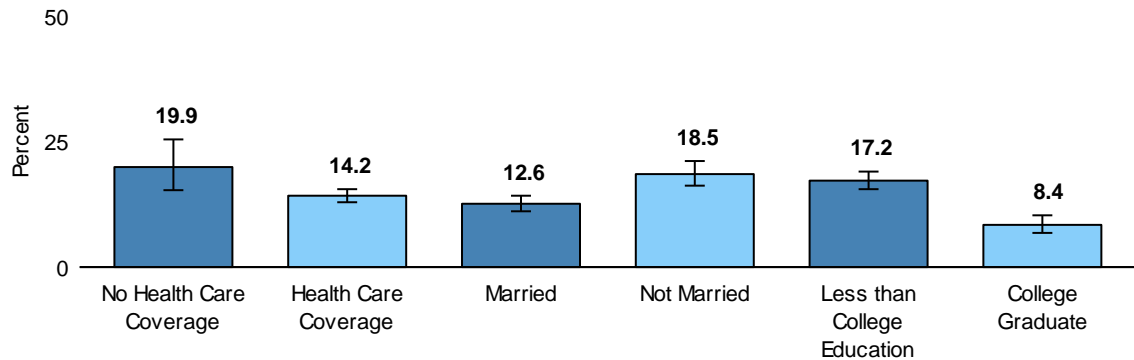
* Not married consists of adults who are divorced, widowed, separated, never married, or part of an unmarried couple.

Health Status

Fair/Poor Health

In 2017, 15.1% of adults reported having “fair” or “poor” health.

Reporting “fair” or “poor” health was associated with health care coverage, marital status, and education.



Chronic Disease

Angina or Coronary Heart Disease

Stroke

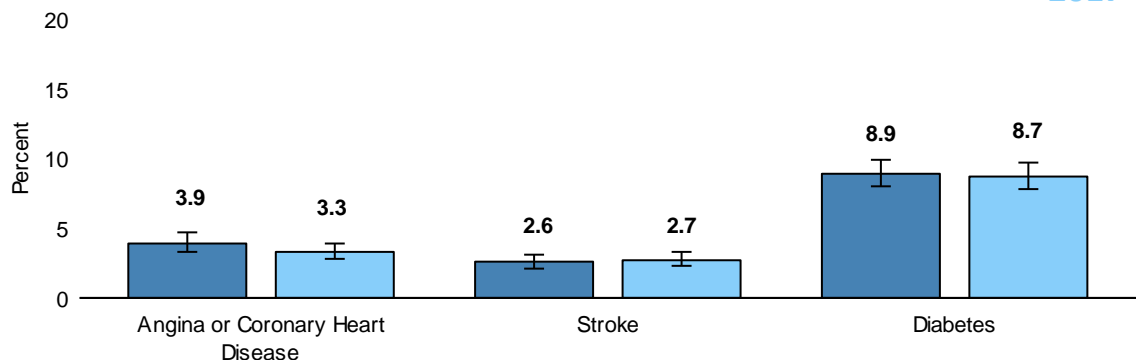
Diabetes

The prevalence of coronary heart disease, diabetes, and stroke were statistically similar in years 2016 and 2017.

Chronic disease among Idaho adults for 2016 and 2017

2016

2017



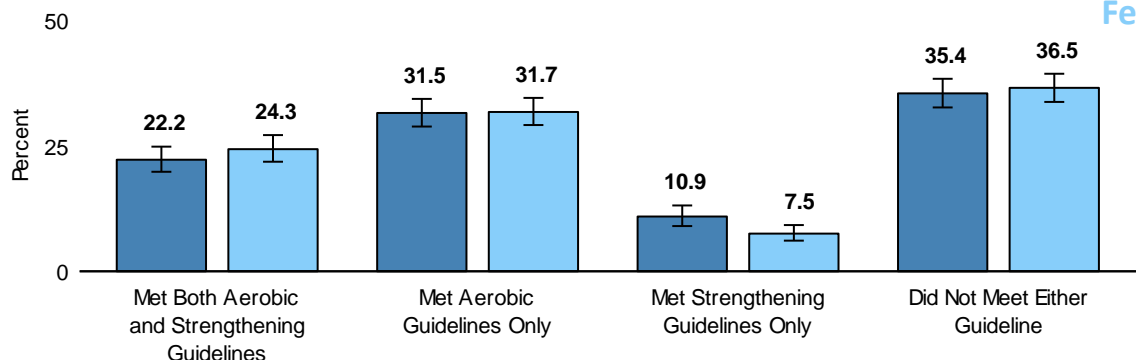
Health Risk Behaviors

Physical Activity

Men and women were equally likely to meet aerobic-only guidelines. Men were more likely to meet strengthening-only guidelines.

Male

Female

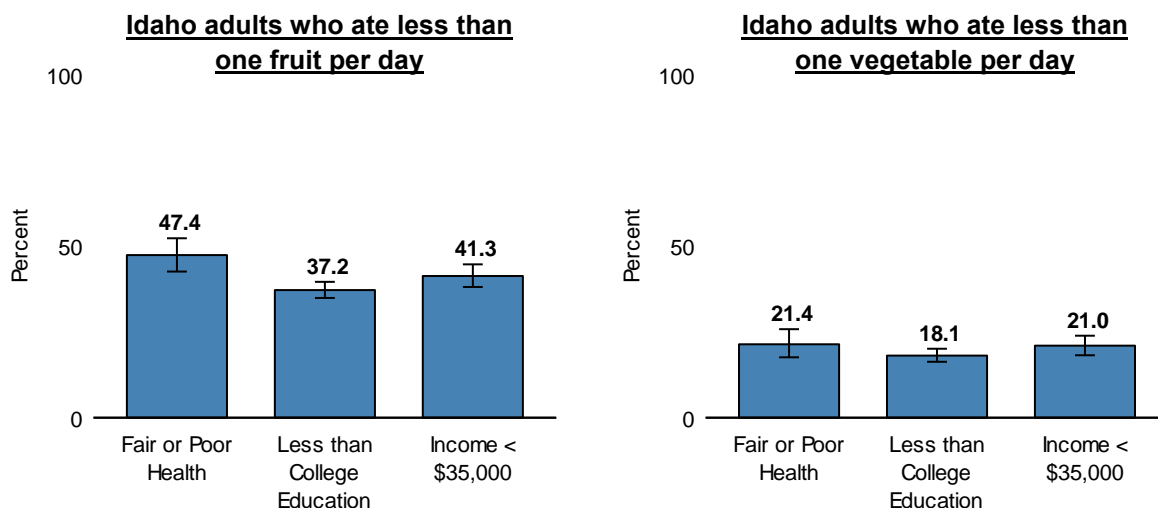


Health Risk Behaviors

Fruit and Vegetable Consumption

In 2017, 35.4% of adults ate less than one fruit per day and 15.9% ate less than one vegetable per day.

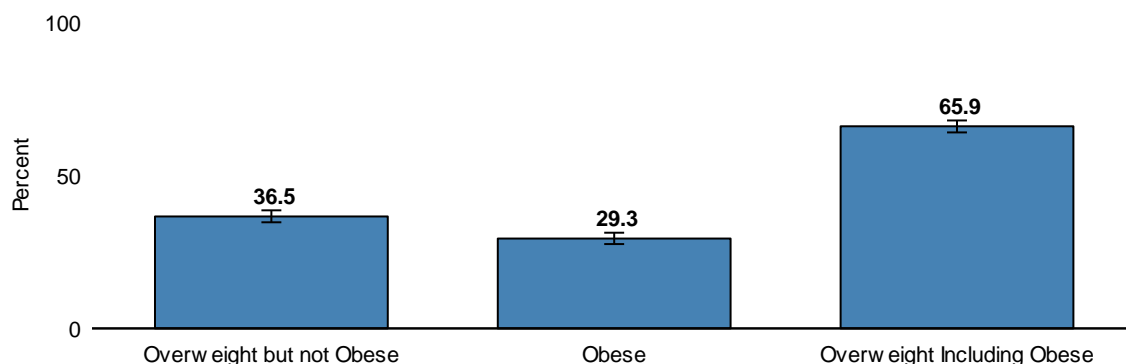
Eating less than one fruit or vegetable was associated with health status, education, and income.



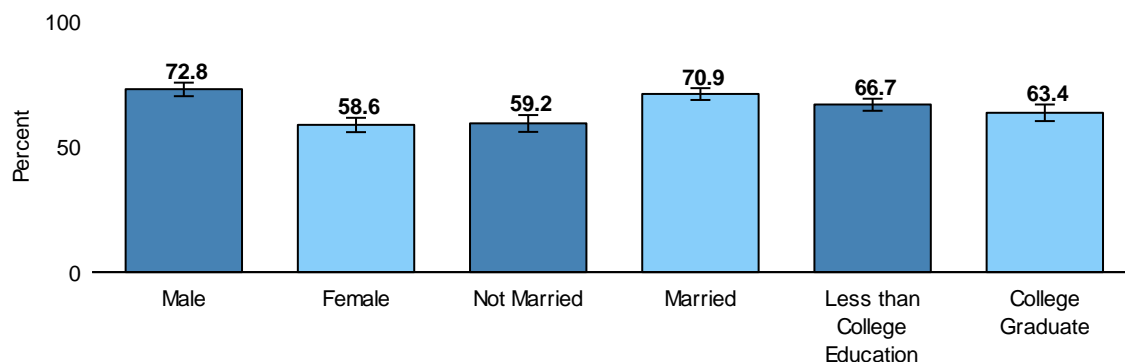
Overweight and Obesity

In 2017, more than 1 in every 4 Idaho adults was obese.

Adults who were overweight and obese.

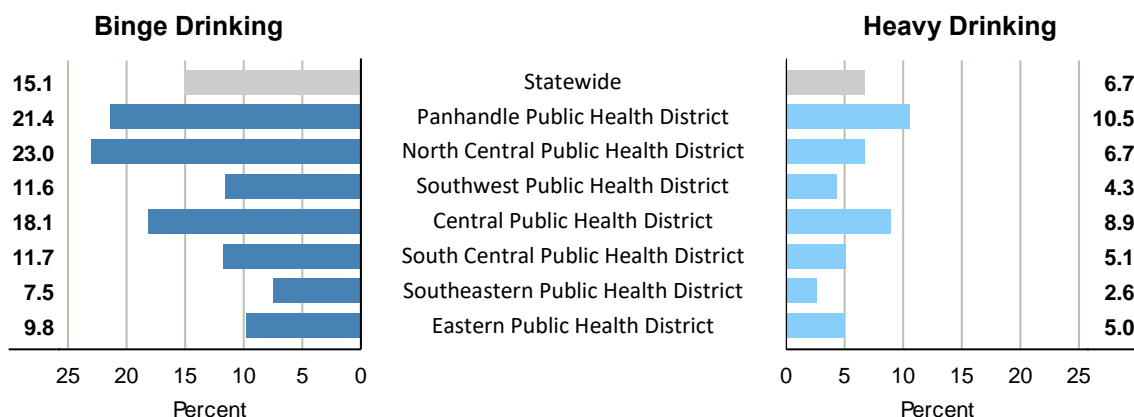


Being overweight (BMI ≥ 25) was associated with gender and marital status. Unlike in 2015, overweight among college graduates was no longer different from those who had never graduated college.



The Southeastern Idaho Public Health District had a significantly lower prevalence of binge drinking and heavy drinking compared with statewide prevalence.

Alcohol Use

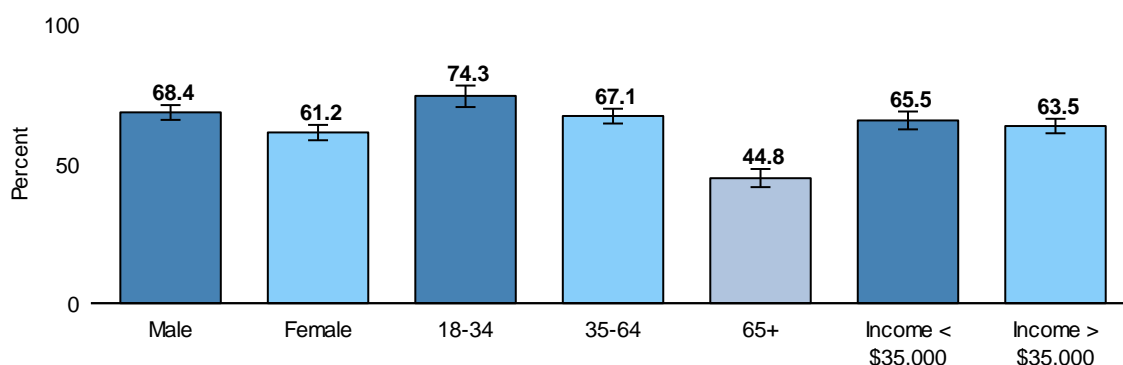


Preventive Behaviors

64.8% of Idaho adults did not receive a flu vaccine in the past 12 months.

Flu Vaccine

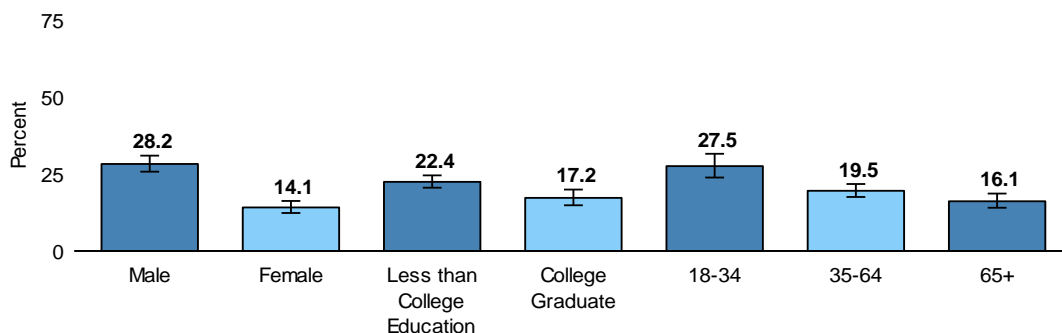
Not receiving a flu vaccine was associated with sex, age, and income.



Seatbelt Use

21.2% of Idaho adults reported not always wearing a seatbelt.

Not always wearing a seatbelt was associated with gender, education, and age.



Costs associated with this publication are available from the Idaho Department of Health and Welfare

